

# Activities Unlimited

Volume XXXII Issue III

March, 2018

## Activities Unlimited General Meeting March 13, 2018 1:00 PM at the WRC Heneveld Hall

Our speaker in March will be Dr. Bennett Leifer. He will talk to us about aging gracefully and how the brain contributes to staying "young" in every sense. He will describe the latest research on how caring for our brain as well as lifestyle factors may affect our physical and cognitive health. We will find out how to incorporate healthy habits into our everyday routine to improve our sense of well-being-at any age.

Dr. Bennett P. Leifer is a diplomat of the American Board of Internal Medicine, both in internal medicine and added qualifications in geriatric medicine. Dr. Leifer attended Brown University where he received a bachelor of arts in biomedical ethics before obtaining his medical degree from the State University of New York-Upstate Medical College in Syracuse, New York. He completed his internship and residency in internal medicine at Hartford Hospital in Hartford, Connecticut. He subsequently completed a fellowship in geriatric medicine at the Mount Sinai School of Medicine. Since 1991,

Dr. Leifer has been in private practice in internal medicine and geriatrics as an attending physician at The Valley Hospital. For the past 15 years, he's been listed in *New York* magazine as one of the best doctors in geriatric medicine. Dr. Leifer is also a frequent lecturer and educator in the community on Alzheimer's disease and the management of patients with dementia.

Currently, Dr. Leifer is the Director of the Transition of Care Consultative Service of Valley Medical Group and is the Medical Director of Van Dyk Health Care at Ridgewood.

We are making an effort this year to tailor our programs not only to our members but their spouses so please invite your wife or significant other as this talk is so important to all of us

## Note from the President

We plan to change the order of the March meeting. Our speaker will start at 1 pm and the General Meeting will follow. This is a trial so tell a Board member whether or not you like this change.

### Be an AU Ambassador!

Activities Unlimited needs a constant flow of new members. We put ads in newspapers, place posters, and attend local "Town Days" to advertise the Club. But, the prime source of new members comes from you! Every member of AU should be an ambassador for the Club. Talk to your friends, neighbors, relatives, and acquaintances about the Club.

To facilitate this, we now have business cards, shown below. Keep a few in your wallet, after you talk to a prospective member, give him a card as a reminder of your conversation; add your name and phone number at the bottom. The cards will be available to all members at the March General meeting.

Jim Webb  
President



**ACTIVITIES UNLIMITED**  
A Club for Retired Men in Northern NJ  
Providing Social, Educational, & Sports Activities  
Visit [www.activitiesunlimited.org](http://www.activitiesunlimited.org) for more information,  
or Contact:

**Our speakers for the next three meetings will be:**  
**April:** Dr. Dubious and the Agnostics who will perform Dixieland Jazz  
**June:** Dan Rose a writer, educator and author who will talk to us about "The Wonderful World of Laurel and Hardy"  
**July:** Al Doblin, Editorial Chief of the Bergen Record

# ACTIVITIES UNLIMITED

## GENERAL MEMBERSHIP INFORMATION



### 2018 OFFICERS



**Jim Webb**  
President  
201-934-8161



**Joe Pullaro**  
1st Vice President  
201-337-7982



**Vincent Tortorelli**  
2nd Vice President  
201-447-3718



**Howard Vogel**  
Secretary  
201-612-2237



**Mark Cohen**  
Treasurer  
201-337-4198



**Doug Cooper**  
Asst. Treas.  
908-907-1112

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
AU Guys	John DeSantis	201-447-0256	
Book Club	Vince Tortorelli Joe Clinton	201-447-3718 201-447-2261	4th Wed. 9:30
Dup. Bridge	ED Foldessy	201-327-5767	Wed 1 pm Larkin House
Rub. Bridge	Bob Mulligan Dave Kampschmidt	201-447-8837 201-405-2043	M,F 1:00 pm Franklin Lakes Ambulance Building
Care-Concern	Doug Cooper Paul Hennion	908-907-1112 201-891-4716	
Chaplain	Rev Andy Kadzban	201-485-8589	
Chess	Bill Schultz	973-525-0979	3rd Thru 9:30
Computer	Don Kirkpatrick Ed Schlachman Fred Theile	201-337-5666 973-423-1459 201-825-7541	3rd Wed. 10:00
Gardening	Joe Lamela Rick Sneyers	201-327-8137 973-248-6625	1st Wed.10:00
Golf	Bruno Bissetta Bill Bryne	201-891-7567 201-447-5064	Tuesday Thursday
Hiking	Don Kirkpatrick Rick Sneyers	201-337-5666 973-248-6625	Mon 9:00
	Fred Theile	201-981-1801	Mon 9:30 WRC
Historian	Victor Pizzolato	201-612-0038	
History	Pablo Catangay	201-684-1217	4th Monday 1:00 pm
Investment	Al Connelly	973-616-0755	Thru after the AU General Meeting 9:30

COMMITTEES & CLUBS			
GROUP	CONTACT	PHONE	MEETING
Luncheon	John Abrahamsen	201-848-8037	
Membership	Walt Widmer Dick Hensch	201-562-8666 201-891-1309	
Newsletter	Lou Guarneri Dick Hensch	201-847-1981 201-891-1309	
Project Outreach	Marty McGonigle Joe Pullaro	201-529-1941 201-337-0018	
Photography	Murry Perl Sam Ohan	201-261-7276 201-825-0437	1st Tuesday 10:00 am
Public Disc.	Walt Widmer Tom Butler	201-562-8666 201-934-8161	2nd Wednesday 9:30 am
Refreshments	Jim Forbes John Gannaway	201-825-0523 201-485-7881	
Science	Jack Yurasek	201-337-4433	3rd Tuesday 10.00 am
Skiing	Bud Brooks Jack Yurasek	201-327-6649 201-337-4433	Snow
Sponsor Liaison	Jim Mallen	201-485-8589	
Stock Market	Mark Cohen John Abrahamsen	201-337-4198 201-848-8037	2nd Tues. 9:00 am 4th Tues. 9:00 am
Tennis	Dave Burleigh Bob Meyers	201-762-3707 310-254-8699	M,W,F
Transport.	Frank Nusspickel	201-891-9099	
Trips/Tours	Lou Guarneri Don Wasson	201-847-1981 201-891-1873	Morning of AU General Meeting 10:30 am
Web-Master	Don Kirkpatrick	201-337-5666	

At the February meeting \$148.00 was collected for the Wyckoff Reform Church Food Pantry.

Please remember that WRC is a smoke-free environment. This includes E-Cigarettes.

The deadline for April 2018 Newsletter articles is 5 PM Saturday, March 31, 2017. When submitting articles please use font: Times New Roman 11 pt. (not bold). Email: [lguarneri03@gmail.com](mailto:lguarneri03@gmail.com) and [jrhensch62@gmail.com](mailto:jrhensch62@gmail.com) or mail to: **Lou Guarneri**, 128 MacLeish Court, Mahwah, NJ 07430



### Duplicate Bridge Results

		1st	2nd	3rd
1/32	NS	Desrosiers/Yampell	Anand/Lewis	Meloro/Spence
	EW	Barbera/Freimuth	Milcos/Warner	Groesbeck/Martin
2/7	NS	Lewis/Meloro	Altamuro/Yampell	Foldessy/Groesbeck
	EW	Barbera/Warner	Hulit/Spence	Anand/Bartlett
2/14	NS	Altamuro/Page	Smith/Yampell	Martin/Zelhof
	EW	Foldessy/Milcos	Desrosiers/Lewis	Bartlett/Freimuth
2/21	NS	Kampschmidt/Yampell	Altamuro/Foldessy	Freimuth/Hulit
	EW	Martin/Warner	Bartlett/Groesbeck Anand/Rock	---
8/28	NS	Kampschmidt/Martin	Altamuro/Freimuth	Bartlett/Page
	EW	Foldessy/Levin Anand/Yampell Barbera/Zelhof	---	---

### Obituaries

There were some of us who thought Dick Gattoni would live forever...and then we received a call that he had passed.

He was a fun man who contributed to almost every conversation he was in, and would take on any job that AU handed him. As Membership Chairman, he welcomed every new member, especially those whose last names ended in a vowel.

Dick was a very bright man who led a full life and would love to talk to old friends and new friends about politics, sports (especially the NY Giants), bridge and his long-time wife, Ruthie, who recently passed away.

He was a World War II veteran who served under General Patton. He could go on about his boss (the General), post-war prison camps, and a Russian Colonel.

Dick Gattoni was a giant of a man who will be greatly missed.

Bill Smith



### Public Discussion Group

The members took up two interesting and timely topics: DACA; and the Muslim impact on Europe. We noted that the issue of how to deal with the DACA population (children illegally brought to the US by their parents) has created a dilemma. This group of 800,000 to 1.8 million individuals is technically here illegally. However, these children, many now adults, grew up in the US, have had few if any contacts with the country of their birth and in many cases don't even speak the language. Many have also started families and have children who are US citizens. There was a general consensus in the group that it would be wrong to deport these "almost Americans" and that there should be some path to citizenship available. There was general agreement that any solution should also include stronger border security and better tracking of visitors in order to lessen the likelihood that this situation would re-occur. Most agreed that there should also be stringent enforcement of e-verify practices. Although regularizing the DACA population would be unfair to those following the rules and waiting to emigrate, the practical reality is that the vast majority of Americans don't want to see these "quasi-citizens" rounded up and deported. Most also felt that a solution should not be linked to a broader revision of immigration laws. Those changes should be debated on their own merits.

Turning to the second topic, many members felt that Islam was undermining western civilization and that Europe provided a clear example of the impact a rising Muslim population has had. Some discussed "no go zones," rising crime rates, unwillingness to learn the language and generally an antithetical culture that could not be integrated. Other members noted that there was little factual evidence for many of these assertions. Generally, members felt that the problems were generational, and not so different from the reaction in the US to waves of foreign immigration into the US. Most seemed to feel that after a generation or two, most of these Muslim immigrants would indeed fit into the broader culture and society. It was also noted that the level of immigration was exceptional because of civil wars in the Middle East and Africa. The numbers were overwhelming and strained social services. Time will tell if Europe can absorb these numbers and maintain its traditional cultural identity.

Public Discussion next meets on Wednesday, March 14<sup>th</sup> at Larkin House at 9:30 am.

Topic will be: Politicization of the FBI; Due Process and the #MeToo Movement.

All members are welcome.

## Did you attend the AU Christmas Party last year?

At a recent meeting of the AU Executive Board, a review was made of the attendance at the December Christmas Party held at Seasons. It was noted that it was very well run and enjoyed by approximately 253 members and guests. There was a concern that there may be a number of members and guests that did not attend primarily due to concerns about driving / transportation at night and in possible inclement winter weather. In order to determine if this is an issue the AU Board should address for the benefit of the members, we need to initially ascertain how many members declined to attend the Christmas Party due to such concerns. Any member who did not attend the Christmas Party primarily due to driving / transportation concerns is asked to contact Frank Nusspickel at [fnusspickel@aol.com](mailto:fnusspickel@aol.com) or call at 201-891-9099. Depending on the number of members responding, the Board may consider a possible solution to assist those members.



### The History Club

On February 26, I presented the "The War of 1812- Between the United States and Great Britain." This conflict is the most obscure war that the United States has ever fought. The reasons being there was no great president associated with it nor great generals and the causes for war were complex and still subject to debate. The events leading to and the causes for war were presented. The war was fought in 3 different regions of North America: 1) the Northern frontier with Canada and the Great Lakes, 2) the Northeastern Atlantic coast, and 3) the Southwest. The Canadians and Native Americans played a major role during the war. The war started on August 18, 1812 and ended on February 17, 1815 when the Treaty of Ghent was ratified by the British and the US governments. The treaty did not resolved nor address the major issues causing the war, that is Impressment and Maritime Neutral rights violation. It just maintained the "status quo- antebellum" the state of affairs that existed before the war. Historians believe that neither the Americans nor the British won the war, it is a draw. There were no territorial gains or lost by either side. The war had a greater impact on Canada.

In 1812 the various provinces in Canada was populated by a combination of French Canadians, native-born British subjects, Loyalists who fled from the United States, and American who migrated across the border in search of greater economic opportunities. It helped forge a common bond among these groups and shaped Canada's future, first as a loyal outpost of the British Empire and then as independent nation. The greatest losers were the Native Americans. After they lost the war in the Northwest and Southwest against the Americans, the Indians never recover from this blow.

**Pablo A. Catangay**

Today's riddle for SENIORS...

Here's the situation:

You are on a horse, galloping at a constant speed.

On your right side is a sharp drop-off..

On your left side is an elephant traveling at the same speed as you.

Directly in front of you is a galloping kangaroo and your horse is unable to overtake it.

Behind you is a lion running at the same speed as you and the kangaroo.

What must you do to get out of this highly dangerous situation?

For the answer see the bottom of the last page...



## The Science Club

At the February 20th meeting we continued the DVD series called 'Modern Physics for Non-Scientists', a course prepared by Professor Richard Wolfson of Middlebury College. The lectures this month emphasized the concept of the Field, starting with Gravity, along with Electrical and Magnetic fields. Electromagnetic waves and the Speed of Light (which is a Constant) were discussed, leading to Einstein's Special Relativity, and its implication of Time Dilation.

Note that we also have DVDs on other interesting areas, which are available for members to view; these include the Hubble Telescope (astronomy), and Particle Physics (for Non-Physicists).

On March 20th we will join the Trips and Tours Group carpool trip to the Liberty Science Center to visit the new Planetarium. Lunch is available for purchase in their cafeteria or you can bring your own. The group rate is \$20 for admission to all exhibits, and a Planetarium show. Arrangements for the trip were discussed at the February meeting. See Trips and Tours section on last page of this newsletter for further details.

At the April meeting, **Fred Theile** will lead a discussion of the Book 'Lights Out' (Ted Koppale), which reviews the problems associated with Cyberwarfare, and the threats to society.

Plans for May and June are continuing and will be completed shortly-Members **Al Coldon** (Prostate Cancer Support Group) and **Jack Di Piazza** (Fuel Technology-Exxon) are involved.

Thanks to those whose gave talks this past year. We are always trying to have additional people making presentations, and suggestions to improve our group are always welcome.

**Jack Yurasek** (201-337-4433) Email--[JYURASEK@AOL.COM](mailto:JYURASEK@AOL.COM)



## The Golf Club

The AU Golf Tuesday Group will no longer be meeting to play at Wallkill Golf Course. Due to changing circumstances we have disbanded the Tuesday Golf Group. After some 25 years of playing at Wallkill, we wish to acknowledge their very fine treatment our club over the years and regret having to leave them. For any golfers who may wish to play at Wallkill they should call the course and reserve tee times. Wallkill remains a well maintained and competitive course.

AU Golfers may opt to join the Paramus AU League which plays on Thursday mornings at Paramus Golf Club. If you interested in joining the Thursday Group, please contact Bill Byrne for details.

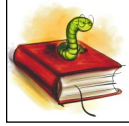


## Investment Study Group

The speaker will be Mr. Richard Hopkins, CFP, FIC, ChFC of Thrivent Financial. He has 30 years of experience in his field. Mr. Hopkins will share strategies on:

- How to accumulate and distribute money for retirement.
- How to pass on money to heirs or charities in a tax-wise manner.
- Increasing the probability of investment success.
- Multigenerational IRA planning

The meeting will be on March 15th 9:30 AM, third floor of the WRC admin building.



## The Book Club

This meeting was a little different in that 2 books from the same author were on the agenda.

*Ninety Eighty-Four* by George Orwell (pen name for Eric Arthur Blair), reviewed by **Vince Tortorelli**, was published in 1949 and takes place in what was formerly Great Britain but is now called Airstrip One in the territory of Oceania. It traces the activity of Winston Smith, a citizen of a totalitarian government who works in the Ministry of Truth with a main job of rewriting past newspaper articles to represent the Party's current agenda. Winston secretly hates the party and with his newfound love Julia dreams of rebellion. Subsequently arrested after being discovered via "thought crimes" he is tortured by O'Brien, whom he erroneously believed to be a fellow conspirator, and ultimately succumbs to the doctrine.

This led into Orwell's other novel in our session, *Animal Farm*, which was published in 1945 and also treats the same general subject of life under a totalitarian state. Summarized by **Joe Pullaro**, it is ostensibly a fairy tale of life as animals under such conditions, as Orwell writes a biting satire on the Russian Revolution and communism. The animals revolt against the farm owner and take charge of the land, creating a hierarchy among the group, which over time becomes more repressive and self-serving than the original scenario. Discussion elicited a wide perspective among those present, some expressing their strong praise of the works, others not necessarily so, and thoughts on the books relevancy not only during the times they were published but also today.

*Win Bigly*, by Scott Adams, was presented by **John Galvin**. This work, too, delves into political and social environments, in another context. The author deals with the art of persuasion, using Donald Trump as Exhibit I. Referring to Trump as a master persuader, he discusses how Trump talked his way into the White House and ultimately gets attention and often results by offering simple solutions to more complex situations. A main point of his is that facts don't work today because most people now have their own "facts" that become solidified by listening chiefly to those who share the same point of view with the same information.

Our next meeting will be Wednesday March 28 at 9:30 in the Memorial Room of the Wyckoff Reformed Church when we will discuss *The Sixth Extinction* by Elizabeth Kolbert, *The Strange Death of Europe* by Douglas Murray, and *The Voice of the Violin* by Andrea Camilleri.



## The Lighter Side

### A SHORT READING FROM THE BIBLE

**Genesis:** "And God promised man that good and obedient wives would be found in all corners of the earth."

Then he made the earth round and He laughed and laughed and laughed!

### The Tax System, Explained in Beer! By Johnston Grocke - YouTube

**This applies to past, current and probably future tax systems. This is not party specific. It takes congress to correct the problem, and we all know, they are in no hurry to do anything about anything. Just click the link below:**

<https://www.youtube.com/embed/BomQxCG5VG4?rel=0&autoplay=1>

## Trips, Tours & Special Events Calendar

Checks for these events, payable to Activities Unlimited accepted at the monthly meeting.  
Sign up sheets are nice, but money talks. Get your check in ASAP, don't wait 'til it's too late.

**Tuesday, March 20th, 2018: Trip to Liberty Science Center** in Jersey City. We will carpool from WRC leaving at 10:30 am sharp for the Liberty Science Center. If you are planning to go directly to the science center, please be there no later than 11:30 am. All attendees must be present at 11:30 am to enter as a group. There are no individual tickets.. Once inside we will have lunch (on your own) at their café or you can brown bag your own lunch, a seating area is available at the center. After lunch the group will attend the new planetarium show (note: there is only one show). After the show you are free to view the other exhibits own you own and leave when you and those traveling with you wish. The cost of admission and the show is \$20.00 pp. All family members and friends are invited. Send your check for \$20 per person made out to Activities Unlimited to: **John Caikowsky**, 26 Donna Drive, East Hanover, NJ 07936. John can be reached at: 973-599-1056, [magnjohn@optonline.net](mailto:magnjohn@optonline.net)

**NOTES:** Please include your cell phone number

All checks must be received by 3/5/2018 any checks received after that date will be placed on a waiting list. If you will be going directly to the Science Center, please advise us and the names of anyone traveling with you. Plan to be at the Science Center by 11:30 am .

If you will be meeting us at WRC, will you be willing to drive or need a ride? Be at WRC by 10:15 am. Parking at the Science Center is \$9.00 per car. It is suggested that each passenger give \$5.00 to the driver.

### **THURSDAY, April 26, 2018 -- Museum of the American Revolution**

Bus leaves WRC at 8:30 am. 1:00 pm - we will have a guided tour of the museum, followed by a program about Philadelphia- the Revolutionary City. We will also have the opportunity to see George Washington's actual battle tent. Time will be available before the tour for lunch on our own, either in the museum's cafeteria (prepackaged items) or in local restaurants. Local restaurant information will be available on the bus. Return to WRC about 5:30. Price \$60.00 pp. **MUST HAVE RESERVATIONS BY APRIL 10<sup>th</sup>**. Open to members , spouses and significant others. Please send checks, payable to Activities Unlimited, to:

**David Voehl**, 153 Konner Av. Pine Brook, NJ 07058.

For more information call 973-227-6981 (Cell – 973-865-8705). Please include your cell phone number with check.

**TUESDAY MAY 8, 2018- ANNUAL SPRING LUNCHEON/DANCE AT INDIAN TRAIL CLUB, FRANKLIN LAKES, N.J.** Doors open at 12:00 noon. Buffet lunch served at 12:30pm. Music by the AU Guys band. Please sign up as early as possible so we can set the number of tables required. The price, **\$27.00 per person**. Wives/significant others are invited. Make checks out to Activities Unlimited and mailed to: **Vincent Tortorelli, 39 Princeton Avenue, Wyckoff, NJ 07481**. Any questions contact Vince at 201-447-3718.

We look forward to seeing you there.

### **Other trips and events in the planning stage for 2018:**

NYC tour

Lake Hopatcong boat tour and lunch

Multi-day trip to Blue Ridge Mountain area

Wine Tasting

Oktoberfest

Christmas Dinner/Dance

Get off the merry-go-round and go home;  
You've had enough excitement for one day...